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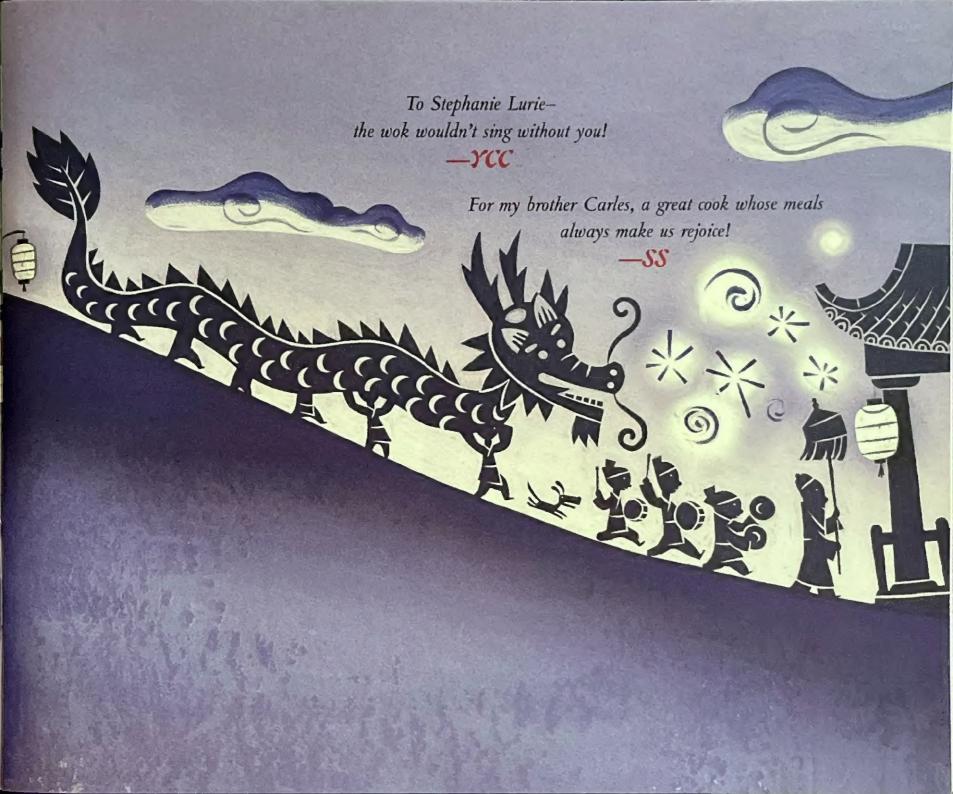
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Designed by Irene Vandervoort

PUBLISHER'S NOTE: The recipe contained in this book is to be followed exactly as written, with adult supervision. The Publisher is not responsible for your specific health or allergy needs that may require medical supervision. The Publisher is not responsible for any adverse reactions to the recipe contained in this book.











Ming's mother wasn't happy. "Why did you trade for this battered old wok? What are we going to cook in it?"

Before Ming could answer, the wok sang out:



















The wok caught up with the rich man's son, Lan, at the market, who, though he had many toys, he never shared them with other children.

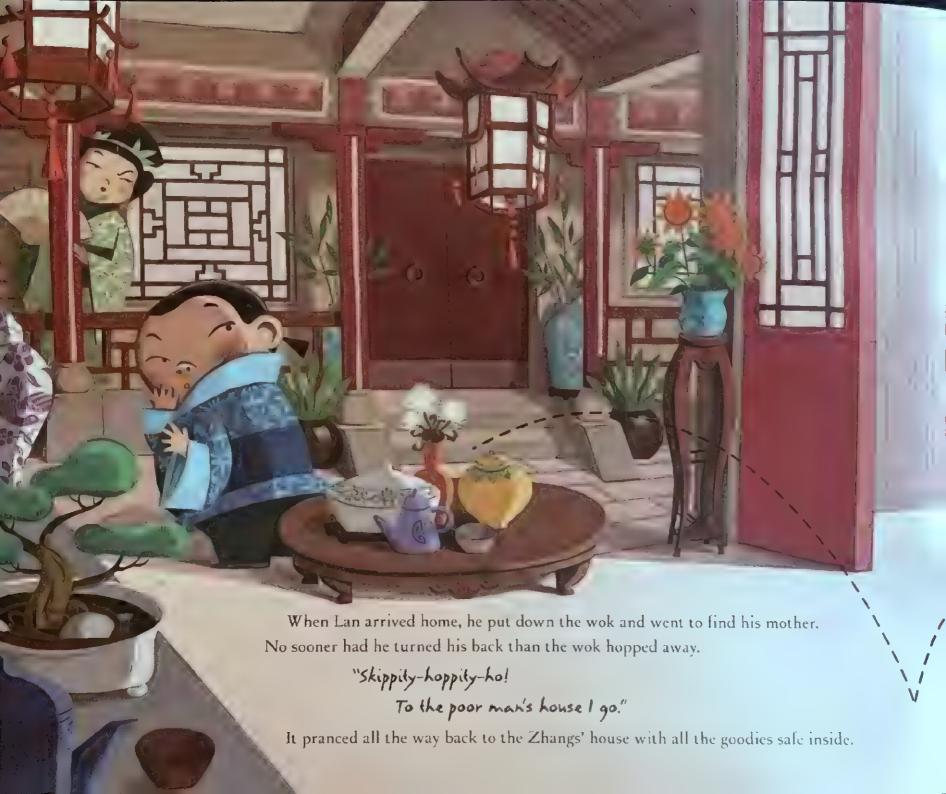
The wok blocked the road in front of him.

What's this? wondered Lan. I could use it to hold all my goodies. And without bothering to find the owner, the chubby boy grabbed the wok.

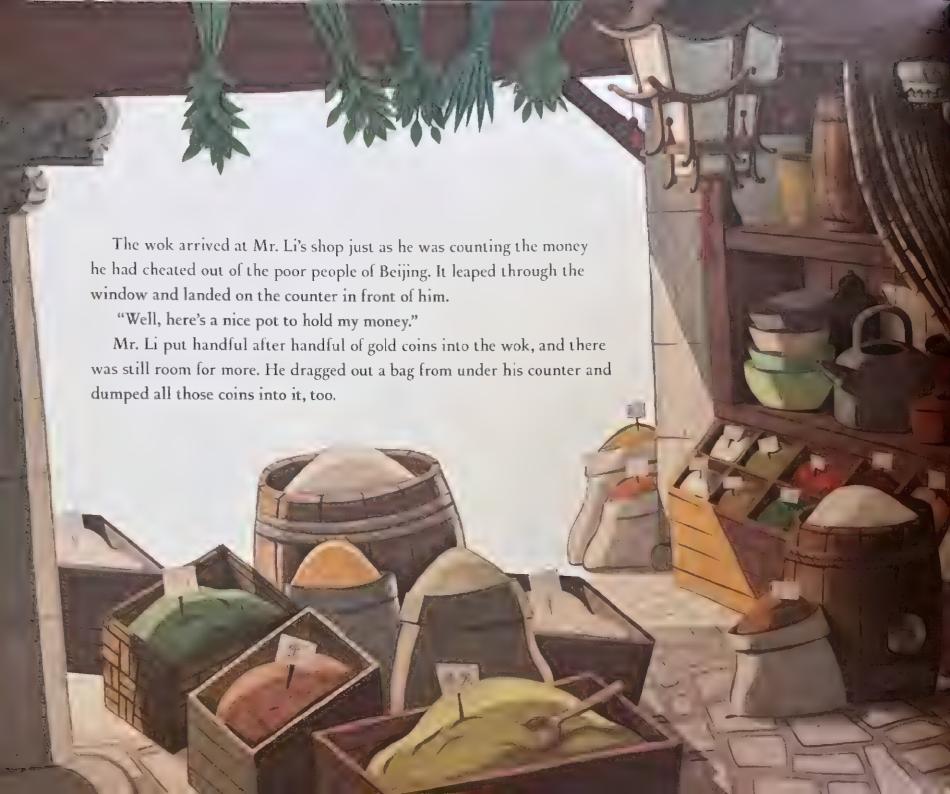
Lan bought fireworks, toy dragons, cymbals, and drums. He piled them into the wok, and there was still room for more. So he bought lanterns, yo yos, and kites. Finally his weak arms grew tired and he headed home.



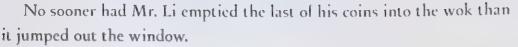






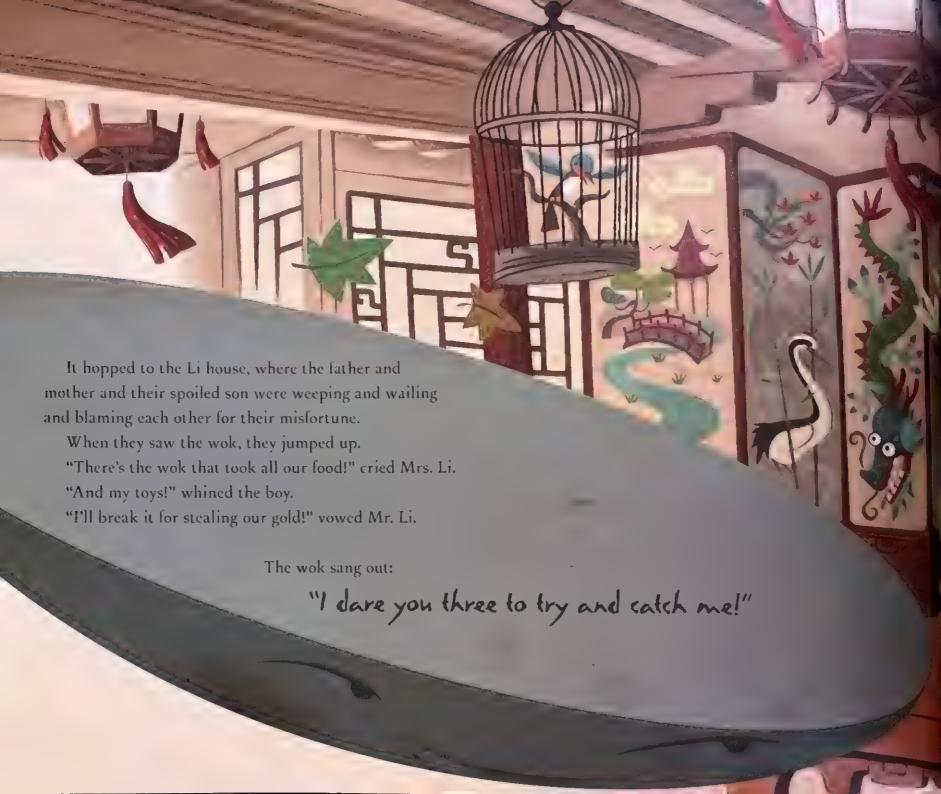










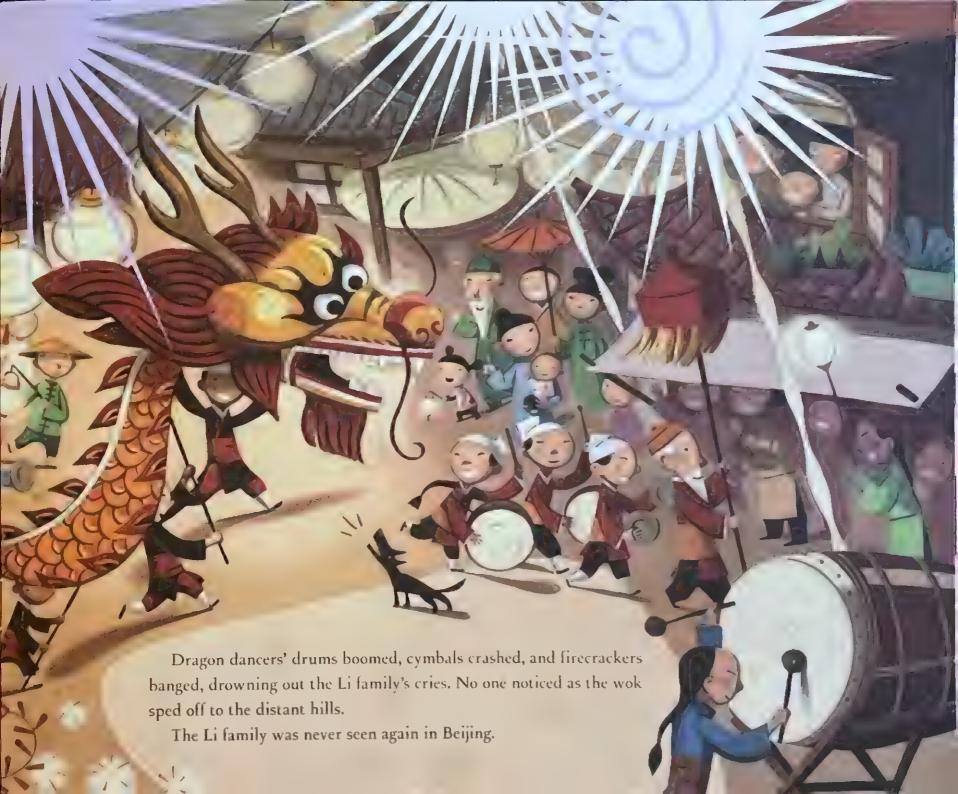


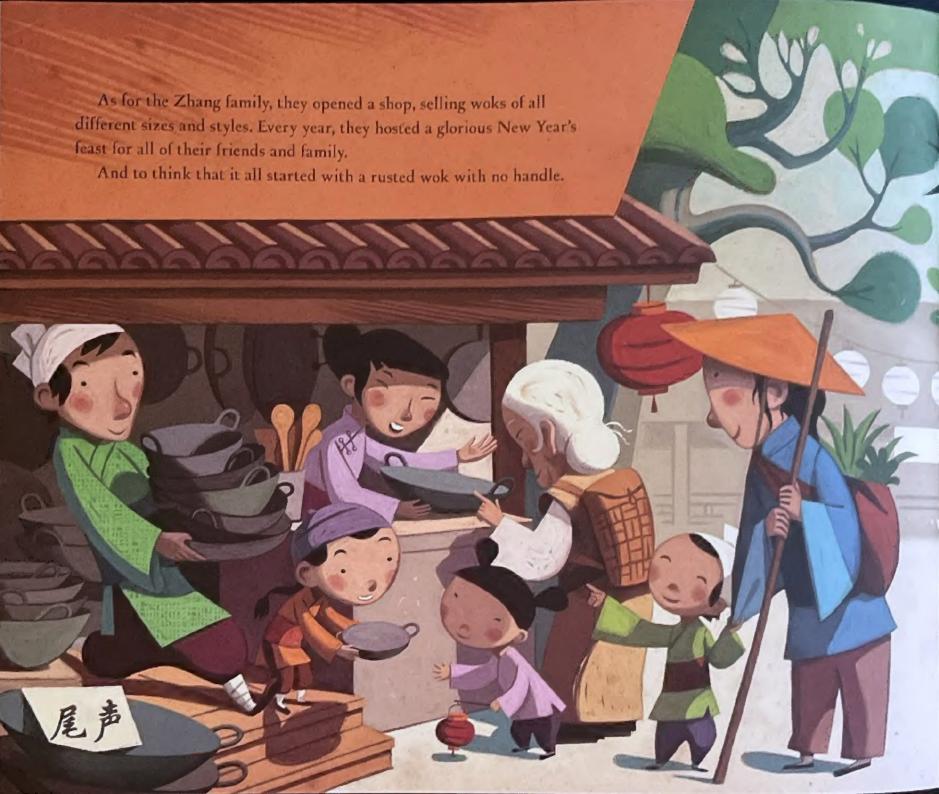


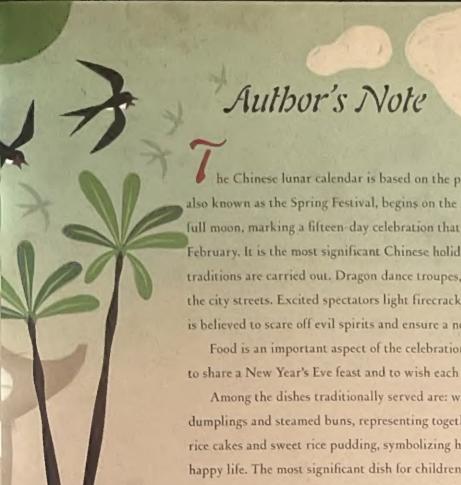












he Chinese lunar calendar is based on the phases of the moon. The Chinese New Year, also known as the Spring Festival, begins on the first new moon of the year and ends on the first full moon, marking a fifteen-day celebration that usually starts between mid-January and early February, It is the most significant Chinese holiday and emphasizes sharing. Many rituals and traditions are carried out. Dragon dance troupes, led by cymbal and drum players, wind through the city streets. Excited spectators light firecrackers, creating a series of deafening bangs. The racket is believed to scare off evil spirits and ensure a new year full of health, prosperity, and happiness.

Food is an important aspect of the celebration. Families and friends gather from far and near to share a New Year's Eve feast and to wish each other a prosperous and happy new year.

Among the dishes traditionally served are: whole fish and chicken, which stand for abundance; dumplings and steamed buns, representing togetherness; crab and shrimp, which symbolize prosperity; rice cakes and sweet rice pudding, symbolizing happiness; and noodles, which represent a long and happy life. The most significant dish for children is the festive stir-fried rice, cooked in a wok. The various ingredients in this dish represent harmony and happiness. Parents urge their children to eat it so that they will get along in the coming year.

The cast-iron wok was invented in China during the Han Dynasty (206 B.C.-A.D. 220). Even today, it is still the main cooking utensil used in Chinese cuisine. The northern-style wok, with one handle, is slightly lighter than the southern-style wok, which comes with two handles. The traditional wok is a symbol of sharing, because it is big enough to cook a meal for many families.

After reading the traditional Danish folktale The Talking Pot, I decided to write a story about the Chinese wok-a symbol of sharing.

Festive Stir-Fried Rice

Ask an adult to help you cook,

3 large eggs

1/2 teaspoon salt

2 finely chopped green onions

3 tablespoons olive oil [divided]

3 cloves garlic, chopped

1 1/2 cups shelled frozen green soybeans (Edamame) or green peas

1 medium yellow or red bell pepper, seeded, and chopped into 1 inch cubes

3 cups cooked rice

3 tablespoons dried cranberries or raisins

3 tablespoons soy sauce

2 teaspoons sesame oil

3 tablespoons toasted pine nuts or other nuts

1. Beat eggs, green onions, and salt in medium bowl.

Heat 2 tablespoons olive oil in a nonstick wok or skillet over medium high heat; swirl to coat pan. Add egg mixture; swirl to evenly cover bottom of pan. Cook, without stirring, for 30 to 40 seconds or until eggs are firm and brown on bottom. Turn eggs and brown other side. Cut eggs into small pieces with spatula. Remove from pan.

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2. Heat remaining oil in same pan. Add garlic; stir-fry until fragram, about 30 seconds.

3. Stir in soybeans; cook, stirring constantly, for 1 minute.
Add bell pepper; cook, stirring constantly, for 1 minute.
Stir in rice, dried cranberries, and soy sauce; cook, stirring constantly, until rice is heated through.

4. Return egg mixture to pan; mix well.

Garnish with sesame oil and toasted nuts.

SERVE HOT

MAKES 6-8 servings









With a skippity-hoppity-ho, a magical, mysterious wok rolls into town. The clever wok knows just where to go to get treats for the poor families . . . and it might be just the ticket to a festive Chinese New Year!









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